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# West Virginia NRCS News and Views

USDA Natural Resources Conservation Service  
August 2005

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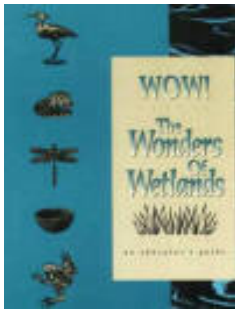
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Sixteen trees of various species were planted all around the West Virginia University Jackson's Mill Conference Center in Jane Lew. [...More Info](#)

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Louis Aspey, Adam Boner, Claire Carpenter, Melissa Marinaro,  
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### [Andy Feher Retires](#)



Andy wore a fishing vest on his last day of work, outfitted for  
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### [Keep Your Volunteers Coming Back](#)

If volunteers feel good about their experience, they will continue to want to volunteer.  
A surrounding that bolsters a volunteer's self-esteem most likely to make a volunteer  
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To submit news items for the November *News and Views*, please send an e-mail message to [Carol Lagodich](#)

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The Natural Resources Conservation Service provides leadership in a partnership effort to help people conserve, maintain and improve our natural resources and environment.

NRCS West Virginia State Office

75 High Street Room, 301, Morgantown, WV 26505

304-284-7540 | fax 304-284-4839

<http://www.wv.nrcs.usda.gov/>

Ronald L Hilliard, West Virginia State Conservationist

NRCS field offices are located throughout West Virginia

Visit <http://www.wv.nrcs.usda.gov/contact/> for addresses and phone numbers.

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**Message from Ron Hilliard**

My first four months in West Virginia have been filled with lots of activities. The latest is the completion of the Site 10 of the Lost River Watershed in Hardy, County. At present, the Upper Tygarts Valley Watershed (Elkwater Fork Dam), which is an authorized PL-566 project that consist of a single dam with the sole purpose of water supply (one of the few in the nation) has been released for bids. The construction for this project is due to start in approximately October of this year with a completion date of 2008.

Under the Watershed rehabilitation program, we received request for assistance from five sponsors for 22 watershed dams. Of these three dams were selected for assessment reports to be completed in fiscal year 2005. These sites were New Creek Site 14 in Potomac Valley Conservation District and Decker's Creek Sites 1 and 4 in the Monogahela Conservation District.

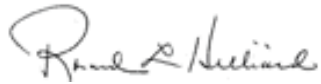
Conservation Programs within the state have been basically finalized for this program year. Sign-ups for the all Conservation Programs are on a continuous basis and all landowners are encouraged to visit their local NRCS office and submit an application.

This was the first year for West Virginia to participate in the Conservation Security Program. Twenty two applications were received in three West Virginia watersheds, which were Twelvepole Creek, Elk River, and the Little Muskingum/Middle Island Creek. Three additional watersheds have been submitted for the 2006 Fiscal Year with the decisions on these expected in late September.

Emergency Water Program (EWP) in West Virginia is growing to a close. All remaining EWP sites are under contract and should be completed by the end of August 2005. This removes all our backlog of structural sites and anticipate the closing out the remaining funding allocations by September 2005.

Discussion with the West Virginia Conservation Agency is underway to improve district, state and federal program delivery in all counties of the state. The agreement with

WVCA to hire Grassland Technicians are being reviewed to strengthen the delivery system. Another agreement is being discussed to provide technical service provider funds to the WVCA to increase Farm Bill conservation program delivery at the county level. We are working with committees of the West Virginia Association of Conservation Districts to assist them in developing delivery mechanisms for control of multi-flora rose, and the state lime and fertilizer program. Through these meetings Farm Bill conservation programs are being discussed to make sure all conservation means are available to the producers without duplication, or, competition, for program delivery.



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## The Natural Resources and Environment (NRE) Mission

The [attached document](#) (PDF 42 KB) provides a description of what NRCS does as well as outlining big picture goals and steps to achieve them during the next several years.

Under Secretary for NRE, Mark Rey, produced this document and presented it to Secretary Johanns. Bruce Knight shared it in the my.NRCS *The Chief's Corner*.

Under Secretary Rey emphasizes three principles to guide NRCS toward reaching our goals during the coming years—cooperative conservation, healthy watersheds, and realizing the investments from the 2002 Farm Bill and expanding on these investments in the 2007 bill.

We are a large and technically diverse agency, but these goals and principles provide a valuable perspective enabling each of us to be able to see what we are as an agency, where we are going, and how we plan to get there.

I think it is important for each of us to read this short mission overview not only to see where we're headed as an agency, but because it provides insight into how leadership at the department level perceives the NRCS mission and goals.

I hope that every one of you takes a minute or two to take a look at this mission overview. It may be the most worthwhile two or three minutes we will spend this week.

Bruce I. Knight  
Chief, NRCS





[Natural Resources & Environment](#) (PDF 42 KB)

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## From the Field

### First Farmland Protection Board Easement

The Nicholas County Farmland Protection Board selected the Kenneth Hess farm at Mt. Lookout as the first easement to be purchased under the newly authorized Farmland Protection Board. The purchase will encompass approximately 25 acres of prime farmland in close proximity to Rt. 19.

### Conservation Campers Tour Mine Sites

Summersville FO led a tour of The International Coal Group (ICG) Eastern, Birch River Mine for campers from The West Virginia Conservation Camp at Camp Caesar. The group saw active surface mining, reclamation and water filtration. The trip was an eye opening experience for all the campers.



Active surface mining at the Birch River Mine



Mine site reclamation

### Elk Conservation Farm Winner

Bill and Barb Triplett of Webster County were selected as the Elk Conservation Farm Winners for 2005.



The Triplett farm is 197 acres of farmland on the Elk River.

### **EWP Bank Stabilization**

An EWP site at Dixie in Nicholas County was completed in June. Riprap was used to stabilize the stream bank along the Elswick Hardware Store. The bank was washed out to within seven feet of the building and threatened to undercut the foundation. Store manager Sharon Coleman was delighted to have the hazard corrected.

### **Dry Hydrant Update**

Clay Handley of the Summersville FO reports the completion of two dry hydrants. The first was done by the Hacker Valley VFD in Webster County. The second was installed in a private pond near Leivasy, Nicholas County. Clay also reported the Richwood VFD is working to install a dry hydrant in Cherry River.

For more information, contact Debbie Dorsey at the [Summersville Service Center](#).

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### **Mid-Ohio Valley Work Camp**



Mid-Ohio Valley Work Camp is a project sponsored by Little Kanawha RC&D for 2005. It is Christian youth in action. Based in Parkersburg, the camp this year was June 19-24. About 600 participants from 13 different states came to Wood County West Virginia to paint 41 houses for low income families and the elderly. Teens and supervisors gathered to serve the Mid-Ohio Valley communities by giving their homes a facelift. Houses were located in Parkersburg, South Parkersburg, Lubeck, Vienna, Mineral Wells and Williamstown plus neighboring towns in Ohio. Participants stayed in the dorms at Ohio Valley University and local donations of supplies and food came from corporate, church and individual sources.

In providing this service, the teens are learning to give of themselves to help others who are less fortunate than they, which eventually help them to become responsible adults serving in their own communities.

For more information, contact Kurt Simon at the [Little Kanawha RC&D Office](#).

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### **More than S'mores**

Annually, the WV DNR sponsors the Junior Conservation Camp hosted by the Cedar Lakes Camp and Conference Center. This year we celebrated the camp's 25th anniversary with 160 campers in attendance. The camp operates on the mission to create an interest and enthusiasm for conservation in WV among our youth. Camp leaders consisted of a variety of agency personnel, including WV DOF, WV DEP, WV DNR, WVU Extension 4-H, and NRCS. Classes ranged from hunter education through wildlife resources to recycling, and soil conservation. NRCS employees Corine Broomall and Misty Householder introduced the students to conservation planning by teaching two courses, Soil Conservation and Orienteering. Through a tree identification exercise students learned the value of trees for wildlife habitat, streambank stabilization, and soil conservation. Map and compass skills were taught during the Orienteering Class. Students learned the importance of utilizing topographic and soils maps in the conservation planning process. The camp introduced students to outdoor recreational activities, as well as career options.

For more information about serving as a camp leader contact Diana Haid, State Environmental Coordinator at 304-926-0499 ext. 1114 or Misty Householder at the [Cross Lanes Service Center](#).

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### **Trail Work is a Group Effort**

The Warm Springs Trail and Wetland Restoration Project is truly a partnership success. While working as an intern for NRCS in Martinsburg, Soil Conservationist Misty Householder guided local middle school students with the initial layout of a 0.3 mile hard surface trail, meeting Americans with Disabilities Act (ADA) criteria and a one mile rough trail at the new school complex in Morgan County. Potomac Headwaters RC&D received a \$16,000 Federal Transportation Grant for the trail system. The Eastern Panhandle Conservation District (EPCD) pledged \$7,000 for wetland restoration and

plantings in the middle of the hard surface trail. NRCS has helped with design, survey, and project oversight. To round out the cooperative effort, WVCA sponsored a contractor's workshop to demonstrate sediment control practices needed before construction with funds from the Chesapeake Bay Program. A portion of materials and labor for the contractors demo were donated by a local erosion control firm with additional help from the International Erosion Control Association.

Future plans by local trail enthusiasts include the installation of fitness stations, and the use of the rough trail for the track team. Science teachers are already planning lessons and several Eagle Scout candidates have stepped forward to help. Construction of the wetland and ADA trail are set to begin at the end of August.

For more information, contact Rebecca MacLeod at the [Martinsburg Service Center](#).

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### **West Virginia Forest Industries Camp Celebrates 50th Anniversary**

West Virginia Ted Harriman Forest Industries Camp convened for the 50th time at Camp Mahonegon July 17th – 23rd. Twenty-five high school students from across the state spent the week learning about various aspects of forestry. Scholarships, which include meals, lodging, transportation while at camp and insurance were awarded to all campers by the West Virginia Forestry Association and the generous donations from members of the forestry community.

Campers learn about forest ecosystems and their management and utilization throughout the week. NRCS soil scientist, Carlos Cole, taught a session on forest soils while forester, Barb McWhorter, worked with students on tree identification, surveying and forest resource inventory and management. Students also learn about logging history, water quality, forest insects and diseases, wildlife habitat management, fire control, tree felling and chainsaw safety as well as competing in a variety of field events. Activities include stream surveys, wildlife monitoring and population counts, fighting a mock forest fire, investigating a fire scene with the use of the West Virginia Division of Forestry's bloodhounds, completing forest inventories and working up a bid for a proposed timber sale and surveying boundary and corner locations. Tours of the Mead/Westvaco Experimental Forest, Monongahela National Forest and a variety of

wood industries are also part of the program.

For more information regarding West Virginia Forest Industries Camp, contact Barb McWhorter at the [State Office-Morgantown, WV](#).

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## History Alive

The Mountain RC&D Council under the leadership of board member Doug Wood has taken on an education project concerning American Indians and the French & Indian War 1754-1762. Doug previously procured a West Virginia Humanities Council grant to assist with 2 years of research and dramatic performance development. Mountain RC&D is assisting with the presentation of this dramatic education production in the 12 county region the RC&D serves. Between April 15th and August 15th 11 performances will have been made and more are planned for autumn.



Doug Wood as Man-Killer Ostenaco, a Cherokee war captain, honors his Cherokee ancestors by telling the story of Ostenaco's efforts on behalf of the British colonies during the French & Indian War. Ostenaco recruited warriors, led war parties, and conducted diplomatic missions. His efforts ensured that the colonies' defensive war was complemented by effective offensive maneuvers carried to the very gates of the enemy's Ohio Valley strongholds.

Cooperating with the Humanities Council, New River Gorge National River, two West Virginia state parks, the City of Richwood, and numerous local non-profit organizations, the Mountain RC&D has helped bring quality historical programs that enlighten southern West Virginians about the significance of the French & Indian War to the state's subsequent history. Southern West Virginia is home to numerous Cherokee descendants, so the role of this "First Nation" in the war is of particular interest to them. Doug commented, "Many Cherokee descendants, fiercely proud of their heritage, have thanked me for making them aware of the important role our ancestors played in the history of America."

Doug Wood's view may be read at [18<sup>th</sup> Century Historical Education Initiative](#). For more

information contact Mike Gasper at the [Mountain RC&D Office](#).

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### **Agricultural Field Day at Spring Hill Farm**

On May 21, 2005, the Mount Clare field office of NRCS, in cooperation with the West Fork Conservation District and WVU Extension, sponsored an Agricultural Field Day at Spring Hill Farm owned by Greg Moore of Harrison County.

With a total of 74 in attendance, the program consisted of the following presentations:

- “Whole Herd Vaccination Program” by veterinarian Mike McDonald from Good Hope Animal Hospital.
- The use of ultrasound in determining size of the loin and degree of marbling and rib fat as well as its use in determining pregnancy in cattle by Jim Pritchard, Pocahontas County Extension Agent.
- Selecting replacement heifers for beef cattle by Dr. Wayne Wagner, WVU Extension Specialist. Participants were then asked to rank four heifers in terms of most to least desirable for purposes of replacing herd cows. Of those who correctly matched the ranking determined by Dr. Wagner, one was selected at random to receive a door prize.
- Pasture herbicides and application methods, including the different chemicals currently available, associated target species for each and application methods, timing and rates by Bruce Lloyd, Lewis County Extension Agent.
- Lime blowing demonstrated by Willard Light of Light’s Backhoe Service of Buckhannon.
- Installation of rubber tire troughs by Jeff Griffith, District Conservationist.

Concurrent with the morning’s activities was a women’s program consisting of a stained glass presentation given by Shirley Myer of Quiet Dell.

For more information, contact Jeff Griffith or Barbara Victor at the [Mount Clare Service Center](#).

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## WV Agricultural Tourism Survey Results Available

Agricultural tourism, or agri-tourism, is one alternative for improving the incomes and potential economic viability of small farms and rural communities. Agricultural tourism has been part of farming in Europe for centuries. Changes in demographics and vacationing habits have made agritourism the hottest niche in the tourism industry, according to many industry experts. West Virginia's abundant natural resources and its nation-leading percentage of family-owned farms make it an ideal state for developing agritourism enterprises. Some West Virginia farmers are supplementing their farm income by offering overnight accommodations, farm visits, nature walks, and other activities to the public. West Virginia Department of Agriculture, Division of Tourism, Department of Commerce and Potomac Heritage Partnership recently conducted a survey to find out. It questioned business owners about the attractions offered, barriers to growing their businesses, and the types of assistance they would find helpful. More about the survey and results can be seen at [http://www.wvagriculture.org/news\\_releases/2005/5-26-05.htm](http://www.wvagriculture.org/news_releases/2005/5-26-05.htm)

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## Rover Roams Pipes

The state dam inspection team of Roger Sites (NRCS Civil Engineering Tech), Jim Roy (WVCA Watershed Tech), and Rover were filmed at work by local TV stations on May 17. NRCS and WVCA work in partnership inspecting the WV's 169 earth dams.



The stainless steel and aluminum Rover looks like a toy. It is about a foot tall and weighs about 35 pounds. It's equipped with wheels, headlights and a rotating camera.



Rover allows inspection of the internal dam pipes. Rover is placed inside the out-flow pipe of the dam. The camera films inside walls of the pipe as it travels to the in-flow.



Rover is attached to an all-terrain vehicle by 650 feet of cable.



The cable transmits film to a screen inside the vehicle. The filmed pipe surveys may be saved to video and/or DVD. The total package including a trailer to haul the equipment cost around \$100,000.



During a TV interview, Roger explains the purpose of dam inspections is to insure the dams continue to operate as safely as in the past.

Roger and Jim inspected about half of West Virginia's 169 earth dams across the state at the time of the filming. Rover has been part of the dam inspection team for about 2 years.

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## Soils Field Week 2005

**Submitted by Claire Carpenter**

This past May, was the annual Soil Survey Field Week. Field Week took place on May 9th through 13th, 2005 at the Skycroft Center in Boonsboro, Maryland. The focus of this week was on the Soil Survey for Jefferson County, West Virginia. The majority of the week was spent in the field completing soil descriptions, transects, monoliths, map compilations and other data. Field Week also served and hands-on training for new soil conservationists. The attendees included NRCS staff from all over the state of West Virginia, soil scientists of Maryland, and two professors from West Virginia University.

The main goal for Field Week 2005 was to collect data to support the correlation of the Jefferson County soil survey map legend in order to update the current publication. This update will contain the most recent soil data and information. This goal was accomplished in that all the required data were collected for the update. Skip Bell, Soil Data Quality Specialist referred to Field Week as "a good experience that boosts team spirit for the soil survey staff. It brought everyone together."

### Benefits of Field Week to NRCS

- It enabled the update of the Jefferson County soil survey to be completed in one week as opposed to an entire field season
- It saved not only time, but money
- It was a positive experience for the NRCS staff
- It served as hands on training for new NRCS employees
- It strengthened NRCS's relationship with West Virginia University

### Benefits of Field Week to the Public

- The updated information can be used to assess the quality and capabilities of

the soil

- Monoliths not only aid the NRCS team is studying soil, but they also provide a good visual representation of soil science that the general public can understand

Field Week this year was a good experience for the NRCS staff. It served as a good teaching experience for new employees. By being completely immersed with soil survey techniques and equipment, new soil scientists could gain the hands on experience they needed. Also, by inviting WVU professors to attend Field Week, NRCS was able to gain other perspectives as well as strengthen the agency's relationship with the university.

Two monoliths were completed during Field Week, which benefited both NRCS and the general public. By displaying a visual sample of the soil that was assessed during the week, the monolith showed not only the actual soil, but the changes in color and texture of the different layers. This visual representation allows a spectator that is not familiar with soil science to understand one of the aspects of what the NRCS does.



Photo of WVU students in a soil pit



Photo of Field Week attendees



Photo of soil scientists collecting soil data



Photo of soil scientists in a soil pit



Photo of soil pit in preparation for monolith construction

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## NRCS Teams Up With the Forest Service to Plant Trees at Jackson's Mill

Submitted by Claire Carpenter

On the week of July 10, 2005, sixteen trees of various species were planted all around the West Virginia University Jackson's Mill Conference Center in Jane Lew. During this time, Samantha Bennet coordinated a tree planting workshop at the West Virginia 4-H Alpha I summer camp. Samantha is a WVU student interning for the USDA Forest Service, Northeastern Area State and Private Forestry, Morgantown Field Office, who wishes to pursue a career in urban forestry. Claire Carpenter of the Natural Resources Conservation Service (NRCS) also helped plan and carry out the workshop. Claire Carpenter is also a WVU student working as a Public Affairs Assistant for NRCS. She helped coordinate the project in order to gain experience with forestry and give NRCS an opportunity to work with other agencies in promoting conservation. Those overseeing the project were Vicki Evans of the USDA Forest Service and Dave Parker, Interim Manager of Jackson's Mill.

The tree planting started on Monday and lasted until Thursday. The workshop was a class activity for the 4-H campers, each session lasting about an hour. Two trees were planted during this one hour period. Six campers signed up for the workshop and additional volunteers helped with the tree planting. Trees were also planted in the afternoon with the help of volunteers and Jackson's Mill staff members. Their goal was to plant four trees per day in order to meet her goal of sixteen trees. The saplings were purchased from a nursery in Princeton. Using a backhoe, Jackson's Mill staff dug 4 foot holes for the trees to go into. With all the help they received, they were able to achieve this goal. All those involved with the tree planting hope that their efforts in promoting the maintenance of the landscape of Jackson's Mill will continue and that future generations can enjoy the trees for years to come.



Volunteers cutting the twine around the tree and installing the tree gator watering system.



Volunteers preparing a hole for the planting of a tree.



Teamwork in preparing a hole for tree planting.



Final tree planting.

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## WOW! Facilitator Training

On July 28<sup>th</sup> and 29<sup>th</sup>, members of Natural Resources Conservation Service (NRCS), USDA Forest Service (FS), Oglebay Institute, and West Virginia Conservation Agency (WVCA) attended a *Wonders of Wetlands* (WOW!) workshop in Mount Clare, West Virginia. WOW! is an informational training about wetlands, sponsored by Environmental Concern, Inc., a non-profit environmental information agency based out of Maryland. WOW! teaches instructional methods on how to facilitate wetland information for students ranging from elementary school to high school. Suzanne Greene of Environmental Concerns Inc. conducted the training. The activities involved in the WOW! Facilitator training were taken from the manual used for teaching the kids. The trainees got to experience first hand what they would be teaching.

On the first day of the training, participants were given background information on the properties, functions, and types of wetlands. They viewed a slideshow presentation, were introduced to the activity book, and they participated in some activities from the book. Trainees also were able to work in the outdoors at Robert C. Byrd High School in Clarksburg. The high school had two ponds and a stream that enabled the trainees to search and observe wetland wildlife, giving them hands on experience.

On the second day of the training, the trainees participated in activities including "Wetland in a Pan" where they used modeling clay, sponges, and a paint pan to model the functions of wetlands. The last exercise of the training was for the participants to divide into teams, pick an activity from the WOW! activity book and present it to the group. This exercise served as practice for planning and presenting a wetland activity. At the end of the day, all the participants received certificates, verifying that they have completed the training, making them official WOW! Facilitators. Facilitators are certified to conduct workshops for various groups, educating them about the function, properties, care, and types of wetlands.

If you are interested in having a WOW workshop for teachers in your area contact Claire Carpenter at 304-284-7575 or Carol Lagodich at 304-284-4826. WOW is correlated with the WV Content Standards and Objectives.



Claire Carpenter of NRCS presents a WOW! activity to the facilitator trainees on dichotomous keys

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### Add Your Signature to E-mails

Recipients of your e-mails may need your contact information. To create an automatic signature block:

- Open Outlook.
- Click on Tools.
- Click on Options.
- Click on Mail Format.
- Click on Signatures.
- Click on New.
- Name your signature and type in your contact information.

### Morgantown Parking Lottery



Morgantown State Office employees await the annual parking space lottery with anticipation. Roseanne Kennedy brought a box of Kleenex to share with those who don't get a parking spot. The 22 drawn are awarded the prized covered parking in the basement. The next cut is for 13 spaces on the back loading dock. Two unlucky employees requesting a space are still on the waiting list. Until some one transfers or retires they have to feed parking meters or pay for space in one of the commercial lots.

Parking is assigned in the following order:

Nikki Moody, Dick

Judy, and Melissa

Marinaro draw

names.

- Agency vehicles
- Handicapped employees
- Executive personnel
- Carpools
- Employee vehicles

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### Pay Your Travel Card Online

Did you know that you can pay your government travel card online? Just log on to <https://www.myeasypayment.com/Enter.aspx>

You will need your bank's routing no. (located on all your checks at the bottom and your account number which is also located on the bottom of all your checks.)



### Displays and Exhibits

NRCS has a variety of nomadic exhibits for use at trade shows, educational programs and other events. NRCS employees may reserve an exhibit through the Conservation Communications Staff (CCS) in Fort Worth, TX. CCS generally covers outbound FedEx shipping charges; the requestor is responsible for funding return shipping. Available NRCS exhibits include:

- Agriculture and Conservation
- Backyard Conservation
- Conservation Security Program: Rewards the best... Motivates the rest!
- Farm Bill 2002
- Lewis and Clark
- Outreach
- Plant Materials Center
- Protecting the Future
- Recruitment

- Wetlands

Go to <http://www.nrcs.usda.gov/feature/exhibits/index.html> to view available exhibits and for ordering information



## Litter Transfer Program

The West Virginia Conservation Agency (WVCA) in partnership with the Natural Resources Conservation Service (NRCS), Agricultural Management Assistance (AMA) Program, maintains a list of producers and truckers, bio-security information, and the quarterly average analysis. A link to the WVCA site is located at <http://www.wvca.us/litter/>. [...More Info](#)

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## LANDCARE Publications & Forms Distribution Center Web Page

The LANDCARE Publications & Forms Distribution Center Web Page is now up and running! You can access the site by going to the National NRCS Web Page and select "Publications" or go to <http://landcare.sc.egov.usda.gov/>. This will allow you to browse our database/inventory and place orders on-line.

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# Power Point Tip: Effective Color Contrast

## Designing for People with Partial Sight and Color Deficiencies

Partial sight, aging and congenital color deficits all produce changes in perception that reduce the visual effectiveness of certain color combinations. Two colors that contrast sharply to someone with normal vision may be far less distinguishable to someone with a visual disorder. It is important to appreciate that it is the contrast of colors one against another that makes them more or less discernible rather than the individual colors themselves.

Here are three simple rules for making effective color choices:



click on graphics to  
enlarge

1. Exaggerate lightness differences between foreground and background colors, and avoid using colors of similar lightness adjacent to one another, even if they differ in saturation or hue\*.

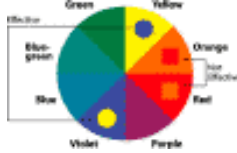
Don't assume that the lightness you perceive will be the same as the lightness perceived by people with color deficits. You can generally assume that they will see less contrast between colors than you will.



2. Choose dark colors with hues from the bottom half of the hue circle against light colors from the top half of the circle.

Avoid contrasting light colors from the bottom half against dark colors from the top half.

For most people with partial sight and/or congenital color deficiencies, the lightness values of colors in the bottom half of the hue circle tend to be reduced.



3. Avoid contrasting hues from adjacent parts of the hue circle, especially if the colors do not contrast sharply in lightness.

Color deficiencies associated with partial sight and congenital deficiencies make it difficult to discriminate between colors of similar hue.

\*Hue, Saturation, Brightness. A method of describing color. Hue is the color itself; saturation is how pure the color is; and brightness is how light or dark the hue is.

Source: Lighthouse International. See [http://www.lighthouse.org/text\\_only/t\\_color\\_contrast.htm](http://www.lighthouse.org/text_only/t_color_contrast.htm) for more information.

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## Meet . . .



**Louis Aspey is the new Assistant State Conservationist, Water Resources.**

Louis Aspey comes to NRCS after spending the past 14 years with the Corps of Engineers. He has worked throughout West Virginia, Kentucky, and Ohio on a wide array of water resources projects, including flood control, inland navigation, environmental restoration, and emergency stream bank repair. His Corps background includes experience in project management (6-years), planning (4-years), and engineering (4-years).

Louis graduated from Geneva College in 1991 with a Bachelor of Science in Civil Engineering, and obtained a Master of Public Administration degree from American University in 2004. His outside interests include golf, fishing, hunting, biking, and playing/watching most sports.

A native of nearby Carmichaels, Pennsylvania, Louis returns home with Diane, his wife of 11-years, and beloved dogs Cocoa and Max.



**Adam Boner is a student trainee for NRCS.**

Adam Boner is an NRCS student trainee from Jane Lew, West Virginia. He attended Potomac State College in Keyser, West Virginia and earned an associates degree in

agronomy and general agriculture. He is now attending West Virginia University in Morgantown majoring in animal and veterinary sciences. He has been working for the past two summers helping soil scientists make and edit current soil surveys and also helps update older ones. He found out about NRCS through the USDA office in Weston, WV and he works in the Oak Hill office under MLRA project leader, Tony Jenkins. His interests are working with animals and soils. He hopes to work full time for NRCS when he graduates.



**Claire Carpenter is the new Public Affairs Assistant for NRCS.**

Claire Carpenter is a new NRCS student trainee from Morgantown, West Virginia. She is a rising senior at West Virginia University majoring in psychology and minoring in English. She works for the NRCS State Office in Morgantown. She found out about her position through the NRCS website. She began working for NRCS as an Earth Team volunteer during the summer of 2004. She is now the new Public Affairs Assistant for the State Office in Morgantown working under Carol Lagodich, Public Affairs and Marketing Specialist. She helps write press releases and helps with updates on the NRCS webpage. She also is working on organizing the NRCS State Office publications room. She hopes to gain experience from her internship at NRCS.



**Melissa Marinaro is a cartography/GIS support trainee for NRCS**

Melissa Marinaro is a cartography trainee and a GIS support trainee. Though she is originally from Arizona, she has lived in Morgantown for the past five years. She works for the NRCS State Office in Morgantown. She attends West Virginia University majoring in environmental geosciences. She found out about her position at NRCS



through job postings on USA jobs website. For NRCS, she makes maps using the computer software program, ArcMap. The maps are used to check soil lines of different counties and other states. Her field of interest is cartography because it is fascinating to look at places and see the different techniques and approaches to making maps. She hopes to gain experience and a potential job from her work with NRCS.

### **Ashby Ruddle is a soil conservationist trainee for NRCS**

Ashby Ruddle is a soil conservationist trainee at the Plant Materials Center in Alderson. He is from Franklin, West Virginia and attends West Virginia University majoring in agricultural and environmental education. He found his position on the NRCS website and is working under Plant Materials Center Manager, John Vandevender. He also works out of the Lewisburg Field office. His fields of interest are conserving West Virginia grasslands and West Virginia natural resources. Some of his projects include planting Bermuda grass in Tennessee and harvesting various grasses for seeds. In Lewisburg, he designs ponds and surveys the soil. Through his internship, he hopes to gain knowledge and a potential job with NRCS when he graduates.

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## Andy Feher Retires

Andy wore a fishing vest on his last day of work, outfitted for how he'll spend more of his time. He is retiring from his position as design engineer after a thirty-nine year career. His engineering career started out in East Aurora, New York as a student trainee in 1965. Andy continued working in New York state as a construction inspector and a planning engineer. He served in Vietnam from 1967-1969. After Vietnam, he went back to New York and worked as a hydraulic engineer, a construction engineer, and then a design engineer. From 1972 to 1978, he worked as a project engineer in Nebraska. He went back to New York, where he worked as the area engineer until 1989 and as the head of the design section. In 2001, he joined us in Morgantown as a design engineer for the NRCS West Virginia State office until retiring in July.



Andy and his wife Kathy.



Barbara Broxterman presents Andy with fishing related gifts from the employees association.



Ron presents a certificate to Andy for over 39 years of government service.

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## Ways to to keep your volunteers coming back

If volunteers feel good about their experience, they will continue to want to volunteer. A surrounding that bolsters a volunteer's self-esteem most likely to make a volunteer feel good.

- Ask first if they'd like to be publicly acknowledged, then include them in an event.
- Send a letter to their parents and/or current or prospective work supervisor telling them how much you appreciate their hard work and special qualities.
- Write an article about their work for *News and Views*. This article may also be submitted to their local newspaper.
- Have your supervisor call them to advise them of how much they are appreciated.
- Talk up to a volunteer, never down.
- Find out about the volunteers ideas, problems, concerns that brought them to your program.

Treat volunteers equally to paid employees.

- Set high performance standards. If the expectations are too easy to meet, volunteers will not feel special about their participation. Volunteers should have the same standards as paid staff.
- Watch out for inadvertent behavior that makes volunteers feel excluded. A common example is that volunteers aren't invited to staff meetings, not because they are deliberately excluded but because no one thought to give them the option to attend. Such a situation can make volunteers feel like second-class citizens.
- Emphasize the creativity involved in every volunteer job. Never minimize the

work of volunteering.

Give them more responsibility.

Compiled from: <http://www.drcharity.com/voluntee.html>; <http://www.volunteertoday.com/recruit.html#Ways>; <http://www.casanet.org/program-management/volunteer-manage/retenrec.htmContent>

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## Helpful info

### ICE (In case of Emergency)

One of the difficulties faced by emergency services personnel is how to locate next of kin for (or obtain other necessary information about) a victim who is unconscious, dead, or otherwise unable to respond to questions. Even if the victim is carrying one or more forms of identification which have remained with him (such as a driver's license), those items don't necessarily provide information about where and how relatives or other interested parties can be reached, resulting in delays. A paramedic frustrated with the difficulty of obtaining emergency contact information started a campaign called ICE.

The campaign encourages people to put an entry in their cell phones and other portable address devices under the name of "ICE" (In case of emergency). Emergency personnel can quickly check the cell phone for the ICE entry and reach whoever's name and contact information is there. For more than one contact name ICE1, ICE2, ICE3 etc.

ICE has some limitations:

- The cell phone has to remain with the victim (or otherwise be identifiable as his) in order to be of use.
- A cell phone can be damaged to the point that information stored in (or through) it is no longer retrievable. This is also true of other forms of identification.
- Cell phones come in many different brands and varieties, and how to retrieve stored information may not be immediately apparent to someone trying to work with an unfamiliar type of phone. As well, many cell phone users secure their phones with PINs to prevent unauthorized use, a factor which could conceivably block any attempts by emergency personnel to retrieve information from them.

Whatever the drawbacks might be to any particular scheme, carrying some type of ICE information is better than none.

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## Is it a stroke?

There is a simple test to determine if someone is having a stroke.

- Ask the individual to SMILE.
- Ask him or her to RAISE BOTH ARMS.
- Ask the person to SPEAK A SIMPLE SENTENCE.

The procedure was originally outlined in a report to the American Stroke Association's 28th International Stroke Conference. The report states that a bystander may be able to spot someone having a stroke by giving the person a simple, quick test to see if they can smile, raise both arms and keep them up, and speak a simple sentence coherently.

If bystanders can relay results of this test to an emergency dispatcher, it could speed treatment to stroke patients. Time is crucial in treating stroke.

America's National Stroke Association lists the following as common symptoms of stroke:

- Sudden numbness or weakness of face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe headache with no known cause

Given this list of symptoms, it is easy to see how the simple three-question test could help identify a stroke.

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## MyPyramid

USDA has released the MyPyramid food guidance system. The system provides many options to help Americans make healthy food choices and to be active everyday. Your food and physical activity choices each day affect your health—how you feel today, tomorrow, and in the future.

These tips and ideas are a starting point. You will find a wealth of suggestions here that can help you get started toward a healthy diet. Choose a change that you can make today, and move toward a healthier you.

Tips to help you:

- [Make half your grains whole](#)
- [Vary your veggies](#)
- [Focus on fruit](#)
- [Get your calcium rich foods](#)
- [Go lean with protein](#)
- [Find your balance between food and physical activity](#)

Go to <http://www.mypyramid.gov/> for more information.

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Personnel News

Name	Action	Location	Change
Adkins, Dustin	Promotion	Union FO	
	Effective 07/10/2005	GS-457-7	
Aspey, Louis	Transfer	Morgantown SO	Assistant State Conservationist – Water Resources
	Effective 07/10/2005	GS-810-13	
Bolyard, Amy	Promotion	Morgantown SO	
	Effective 06/12/2005	GS-1102-11	
Buchanan, Crystle	New Hire	Parkersburg AO	Administrative Office Assistant
	Effective 05/31/2005	GS-303-5	
Burr, T.J.	Promotion	Morgantown SO	
	Effective 06/12//2005	GS-810-11	
Canfield, Tim	Reassignment	Kingwood FO	
	Effective 05/29/2005	GS-457-9	



Carpenter, Claire	Excepted Appointment  Effective 05/23//2005	Morgantown SO  GS-1099-3	Public Affairs Student Trainee
Feher, Andy	Retirement  Effective 07/02/2005	Morgantown SO  GS-810-12	
Harris, Bill	Reassignment  Effective 05/29/2005	Princeton FO  GS-457-11	
Hatton, Joe	Promotion  05/15/2005	Keyser FO  GS-457-11	District Conservationist
Hilliard, Ron	Promotion  Effective 05/01//2005	Morgantown SO  GS-401-15	WV State Conservationist
Sheeler, Penny	Reassignment  Effective 06/27/2005	Morgantown SO  GS-318-5	Secretary - Water Resources
Shutts, Lynn	Retirement  Effective 04/30/2005	Morgantown SO  GS-401-12	
Stone, Greg	Promotion  Effective 05/29/2005	Beckley AO  GS-457-13	District Conservationist

Tamasco, Tom	Promotion	Morgantown SO	
	Effective 07/10/2005	GS-810-11	
Teets, Jason	Reassignment	Philippi AO	Resource Soil Scientist
	Effective 05/29/2005	GS-470-11	

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